

# Arkansas

# Spinal Courier

Vol. 1 No. 4 A Publication of the Arkansas State Spinal Cord Commission March, 1990



## Jimmy Turney and David Barrett Bag Deer in 1989

Jimmy Turney and David Barrett may live on opposite ends of the state but

they share a love of the outdoors and deer hunting. Avid hunters before their injuries, they longed to return to the woods and some semblance of their former lifestyles. This past year both of them got their chance and they came well prepared.

Turney, a T10 para from Hector, Arkansas, shot an eight-point buck on the opening day of deer season near Alread, Arkansas. Barrett, a



**Jimmy Turney poses with the eight point buck he killed.**

C4 quad from Roe, Arkansas, brought down his six-point with two shots from 75 yards on the second morning of deer season.

Both men rely on friends and family to help them pursue their out-

door life. Turney's best friend helps him get to the woods and get set up. Once in the woods, he uses a 4-wheeler for transportation and as his base of operation.

Barrett, who has little use of his arms and no movement in his wrists or hands, goes to the woods in his wheelchair. Friends load him into a trailer behind a 4-wheeler and tow him to a specially designed deer stand. One wall of the stand folds down to form a ramp that allows Barrett to motor his electric wheelchair in and move about on the wooden floor.



**David Barrett demonstrates his firing position using the adaptive equipment made by his step father, Don Hallum.**

The Wheelchair Sports Clinic '90, sponsored by Sherwood Parks & Recreation, Little Rock Athletic Club and Southwest Wheelchair Athletic Association, will be held on March 23 & 24. Activities begin at the Little Rock Athletic Club on Friday from Noon until 5 p.m. and continue at the Sherwood Recreation Center on Saturday from 8 a.m. to 5 p.m.

The Clinic, which is the first for the Arkansas area, will provide an introduction to wheelchair sports through various hands-on, participatory sessions. Sports such as shooting, tennis, swimming, track, table tennis and weight training will be offered. For those interested in coaching wheelchair sports, introductory sessions will be available.

## Wheelchair Sports Clinic

Nationally recognized wheelchair athletes will lead or assist with the sports sessions. Competitor Grover Evans from Arkansas, a national and international table tennis competitor, and DeAnna Greene will be at the Clinic.

Local physicians, exercise physiologists, and State Park Planners will also be present to deliver lectures on topics of interest to disabled athletes, including lectures on Medical Aspects of Wheelchair Sports, Weight Training Techniques, and Accessible State Parks.

For more information contact Debbie Cummings, Parks & Recreation Director at Sherwood, 835-6893.

Turney didn't stop with one deer but went on to shoot a second 5-point buck later in the season. Also an avid fisherman, Turney is having two large mouth bass mounted for his wall. One is a 7.6 pounder and the other weighs "only" 7.0 pounds.

Barrett's step-father made a rifle pedestal for David's chair that pivots 180 degrees and an over-sized trigger that attaches through the trigger guard. With patience and See Deer on page 2

## Arkansas *Spinal Courier*

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### For the Record

The January, 1990 issue of the Arkansas Spinal Courier contained three errors (at last count). Corrections are as follows:

- Edward Dixon graduated from Southern Arkansas University Tech, not Southern Arkansas Technical College.
- ASSCC Commissioner Russell Patton was injured in a diving accident, not a motor vehicle accident.
- On the Case Manager map, Jackson County is assigned to Charles Crowson, not B. C. Cobb.

We're sorry for any inconvenience caused by these errors.

#### Deer from page 1.

skill David has become an expert shot.

Turney and Barrett are prime examples of the true spirit of hunting. They love the outdoors and life itself and are able to meet life's challenges with determination and persistence. When they're hunting they feel like nothing in the world is wrong. They love getting out there and being close to nature. Sure, they'd like to get a shot off but if they don't - well, that's ok too.

## CARE VS. CURE

by

Shirley McCluer, M.D.

For years, rehabilitation professionals have been criticized for concentrating on "learning to live with it" rather than trying to find a cure for spinal cord injury. The truth is that both are very important and a great deal has been accomplished in both areas in the past 50 years.

**CARE:** 50 years ago, the life expectancy for someone with a spinal cord injury was only 2 years. Each year the medical care has improved, and in 1990, the life expectancy even for quadriplegics is only slightly less than normal and the causes of death are more likely to be the same as for the general population rather than kidney failure or pressure sores, which were the primary causes of death 20 years ago. In addition, self care training, improved adaptive equipment, and better social acceptance are permitting more individuals to participate in all aspects of everyday life if they so desire.

**CURE:** 50 years ago, very little research was being done to find a cure for spinal cord injury because all scientists agreed that it was not possible. However, about 1970, a conference was held, bringing together, for the first time, scientists in every field which could possibly have any relationship to the question of nerve regeneration. At the end of the conference, there was a feeling that it should be possible to make nerves regenerate. This new attitude has stimulated a dramatic increase in research studies to find the answers to this complex puzzle. Much has been learned since then, but each new piece of information makes it obvious that the problem is even more complicated than was suspected 20 years ago and the solution is not yet in sight. However, optimism continues that --- maybe someday?



Therefore, in 1990, if you have a spinal cord injury, you only have 2 choices. You can sit around and do nothing while waiting for that miracle cure to happen, or you can take advantage of the current medical and rehabilitation knowledge to keep yourself in the best possible mental and physical condition and do the best you can with what you have until something better comes along. The choice is yours!

How will you know when something new is available which might help you? My recommendation is to subscribe to: PARAPLEGIA NEWS, 5201 North 19th Avenue, Suite 111, Phoenix, Arizona 85015. (\$12.00 per year)

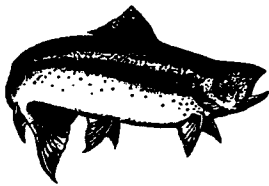
This monthly magazine reports on research, medical care, new equipment, and other things such as insurance, recreation and legislation that may affect anyone with spinal cord injury. You can be sure that no important discovery will be overlooked.

**Make the most of  
TODAY-  
you'll never get  
another chance!**

# BLIND ILLUSIONS

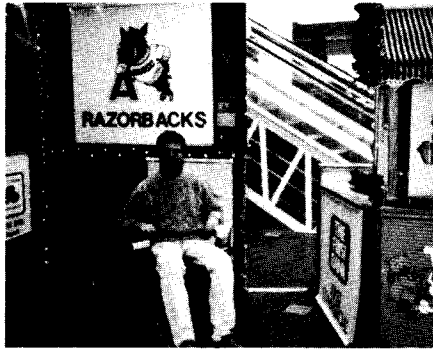
Greg Davis had a lot of time to think in the hospital after he was injured in the summer of 1982 in a motorcycle accident. As he thought, he kept looking at the venetian blinds in the room. He felt that as long as he had to look at them day after day, it would be nice if they had designs on them - anything to make them look more interesting.

When Greg completed his hospital stay, he returned to his home in Benton with an idea in the back of his mind. He completed four years of college and graduated with a degree in psychology. As he considered what he would be doing for the rest of his life, the thought of "pictures on venetian blinds" came back to him. Why not put pictures on blinds. One night he was talking with friends who were visiting and suggested the idea. It seemed like a good business to the group and together they began dreaming about how it could be done and marketed. Greg could manage the business, but since he is a quadriplegic, he would not be able to do any of the actual designing or painting.



## Wheelchair Accessible Fishing Areas Listed

"Fishing in Arkansas" is a book published by Arkansas Game and Fish Commission (AGFC) on public fishing areas in the state. It includes information on wheelchair accessible piers and fishing areas throughout Arkansas. The book is available from AGFC, Licensing Division for \$10 if you pick it up. To receive the book by mail, send \$12 to Arkansas Game and Fish, Information and Education Division, #2 Natural Resources Dr., Little Rock, AR 72205.



**Greg Davis, President of Blind Illusions, sits in front of his display at Park Plaza during Christmas holidays.**

The first blinds were made for Greg's van and the idea caught on. At first the business was located in Greg's house and advertising was limited to word of mouth. The group contacted some businesses and made offers to put their logo onto blinds. The idea was well received by some businesses. They designed razorback blinds for Coach Frank Broyles and attracted media attention when they presented it to him for his office at the University of Arkansas. They had orders trickle in for blinds and were inspired to reach out farther. In December, 1989, the group

rented space at Park Plaza where they set up a display and took orders for blinds. Since many visitors to Park Plaza were from out of state, they found themselves filling orders and shipping them to a variety of locations. They outgrew Greg's house and found office and workspace in Benton. Still wanting to get more advertising, they "bartered" with Cool 95 Radio. They provided blinds in return for advertising. They are now incorporated and business is looking better. They have also been contacted by individuals in other states wanting to franchise the business.

How does a young man who has limited physical abilities succeed in such a business? Greg says "It takes wanting to do it. You need help." Greg says he could not have done it without friends and family. "You need a strong support system," he advises. His family gets him up each morning and gets him ready to go to work. He is determined to be as independent as possible though. He drives himself, handles phone calls and takes orders. As President of Blind Illusions, he is determined to make it succeed.

## Computers for People with Disabilities

By Robert J. Neasley

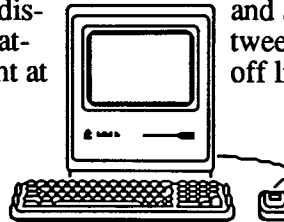
A joint program between IBM and local Easter Seal societies across the nation is making it easier for people with disabilities to obtain the latest computer equipment at discount prices.

The computers are being offered to those who qualify for rehabilitative and therapeutic purposes.

Consumers may also qualify to purchase personal computing products and adaptive hardware and software. Along with this offer, participants will also receive personalized support and training.

People with physician-verified dis-

abilities can contact those Easter Seal chapters participating in the program to buy the equipment and accessories from IBM at between 30 percent and 50 percent off list prices.



Easter Seal has nearly 1,000 affiliated local service centers but only selected centers will participate in this offering.

For information on your nearest participating Easter Seal location contact: Easter Seal Society  
Ed Porter, Project Administrator  
2023 West Ogden Avenue  
Chicago, Illinois 60612

# Being a Teenager and Living with a Disability

Teenagers are faced with many obstacles but being a teenager with a disability can be even more challenging. The following are some obstacles that were identified by adults who lived through their teen years with a disability.

1. Communicating openly and honestly with parents may be very difficult for teens. It is very important for teens to keep the lines of communication open.

2. Teens should be encouraged to openly discuss questions about their disabilities. Teens should ask parents any questions they have. If parents don't know the answers, they should assist the teen in contacting someone who has the needed information.

3. A teen with a disability may be more dependent than a teen without a disability. Parents should encourage their teen to be as independent as possible. Teens should take the first step no matter how small and work toward a goal that will show the parents that they are sincerely interested in being more independent.

4. Parents are somewhat overprotective of a teen with a disability. Parents and teens need to work together to come up with solutions

to situations where a parent might be overprotective for fear that the teen might be harmed in some way.

5. A teen with a disability may need to find alternative ways of doing things. For example: buy clothes with snaps if buttoning clothes is difficult.

6. Teens shouldn't be afraid to ask for help. It is okay to ask family members for help if it is for something that the teen truly is unable to do. Teens sometimes abuse this and will ask family members for assistance when they really don't need help and this can cause the family member to be reluctant to help the next time the teen really needs assistance.

7. All teens like to stay home alone, but for a teen with a disability there are special things that need to be considered. For example if a teen is in a wheelchair, what should be done in case of a fire? The family might practice fire drills.

8. Parents sometimes have unrealistic expectations for a teen with a disability. Parents often push their teen to do something that they want rather than asking the

teen what he would like to do. For example a parent might want a teen to play a musical instrument even if the teen is not interested in playing a musical instrument.

9. Teens with disabilities often receive "special treatment". The family doesn't always expect the same from a teen with a disability as they do from a nondisabled teen. Often times teens with disabilities are not given chores to do. They might not be able to do the chore as well or in the same way as their brother or sister but they should have responsibilities and be encouraged to do the best they can.

These are just a few of the obstacles that were identified in Taking Charge of Your Life - A Guide to Independence for Teens with Physical Disabilities. Prepared by: Center for Independent Living, Inc. and Closer Look.

## For Sale



GMC Conversion Van,  
1980, with wheelchair lift, 12"  
raised roof, 350 V-8, \$3,500.  
William Huskey, HCR 82 Box  
54A, Salem, AR 72576, 1-501-  
895-2162.

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